



Dear Friends,

The legislature has recently passed a number of initiatives regarding clean cars, green buildings and global warming to reduce greenhouse gasses and air pollution.

There are also many things that we, as individuals, can do to reduce energy consumption as we strive towards a “greener” environment.

This mailer provides helpful “think green” tips we can all adopt to make a difference in helping our communities. Our state has become a leader in reducing global warming. While many of the energy tips appear simple, they are important and can result in considerable savings.

I hope you find this information helpful.

Sincerely,

Representative Claire Janowski
Chairwoman, Executive & Legislative
Nominations Committee

Claire Janowski • Proudly Representing Vernon & Rockville

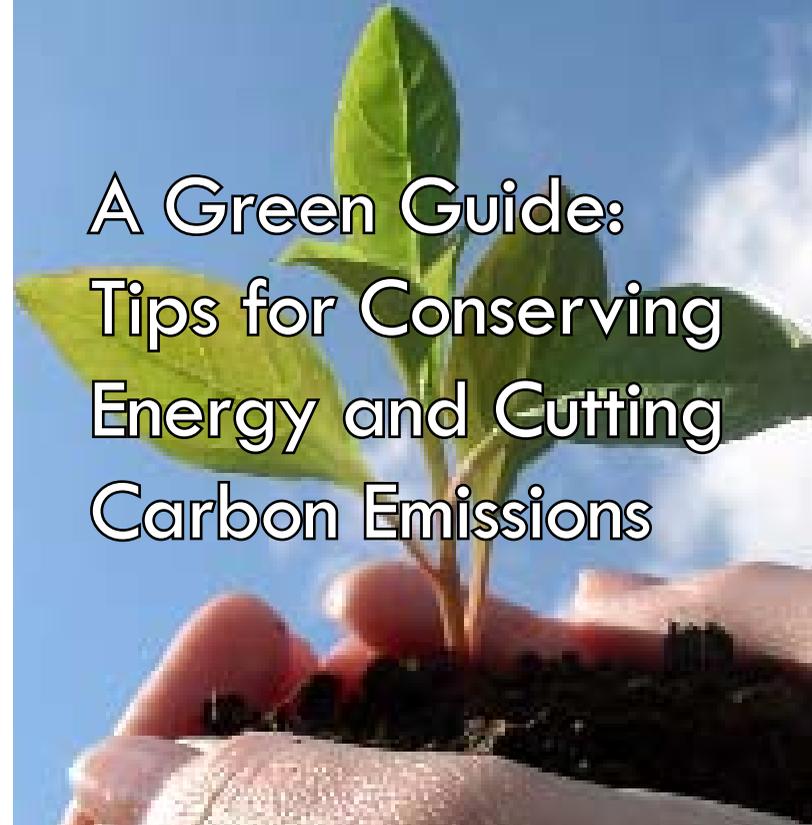


Rep. Janowski at Valley Falls Park
with Makenzie Manley and her dad.

Legislative Office Building, Room 1003
Hartford, CT 06106-1591
Capitol Phone: 240-0452
www.housedems.ct.gov/Janowski

PRSR STD
U.S. POSTAGE
PAID
HARTFORD, CT
Permit No. 3937

State Representative
Claire Janowski



A Green Guide:
Tips for Conserving
Energy and Cutting
Carbon Emissions

56th District
Proudly Serving Vernon & Rockville

How You Can Help

Energy Tips for the Home



Use energy-efficient fluorescent lighting in place of incandescent bulbs. Fluorescent bulbs use 75% less energy.

Purchase Energy Star appliances when replacing appliances. These appliances can save you 10% to 50% in energy costs.



Turn off lights, appliances and electronics when not in use to save 12% or more on home energy costs.



Wrap your water heater with fireproof insulation to keep water hot. This can save you up to 35% in energy costs. Lower the thermostat on your water heater. Although most are set at 140 degrees, you can safely lower it to 120. A 3% to 5% savings can be attained for each 10 degree decrease.

Insulate your attic, as insulation can reduce your energy costs by as much as 20%. Seal air leaks around windows and doors. You can save up to 10% on energy costs by sealing air leaks.



Install Low-E windows in new housing or as replacement windows. Low-E windows require less energy for heating and cooling, decreasing energy costs.

In winter, lower your thermostat by several degrees. For each 5 degree decrease, you will save approximately 10% in energy costs. Invest in a set-back thermostat, which turns the heat down overnight automatically.



In winter, draw curtains at night to keep in warm air. Drawing curtains across the windows will cut down on heat loss and decrease the energy needed to keep the house warm overnight.

In summer, raise your air conditioning thermostat by several degrees. For each 5 degree increase, you will save approximately 10% in energy costs.



In summer, draw curtains and shut windows during the day to keep sun from warming the interior.



Tips for Travel Savings

Plan errands so that you make less trips by car. Sitting in traffic increases carbon emissions. Take mass transit whenever possible.

Vacation in Connecticut! Go to Connecticut's beautiful beaches. Check out some of Connecticut's scenic back roads, wine trails, or state parks. Visit the wonderful museums around the state: Mark Twain House, Carousel Museum, P. T. Barnum Museum, Mystic Seaport, Wadsworth Atheneum. Take a historic tour, or garden tour, or enjoy one of the many hiking and biking trails. To get your free 2008 Connecticut Vacation Guide and Culture Guide go to www.CTvisit.com.



Consider a hybrid car or vehicle with a 40+ MPG rating for your next purchase to reduce your consumption and cost of gasoline. These vehicles are also exempt from the state sales tax and help reduce carbon emissions released in the air.

Green Guide for the Home

Household cleaning products impact our environment as contents can be harmful or hazardous and packaging can increase the non-recyclable waste stream. To limit the environmental impact, choose cleaning products that:



- Are biodegradable.
- Contain no ozone-depleting chemicals.
- Can be used for multiple purposes.
- Are made from renewable resources.
- Are sold with reduced packaging.
- Are packaged in refillable or recyclable containers.

Consider taking your own burlap, cloth or paper bags when you go grocery shopping. Plastic shopping bags are made of petrochemicals that do not readily decompose.



“Green” Buildings

We are all concerned with the detrimental impact of high energy consumption and the resulting increased costs and pollutants.

To protect our planet, we need to find ways to cut down energy usage. One way the Connecticut General Assembly is addressing this issue is through the “Green Buildings” legislation which focuses on the use of less energy and less greenhouse gas emissions. The legislation applies to new schools and government buildings built or renovated after January, 2008.

To Stay In Touch With Rep. Janowski Call: 240-0452 Or Visit Her On The Web: www.housedems.ct.gov/Janowski